

1. The Screen-Free Week Challenge

Title: Beyond the Off-Switch: Using Quick Board Games to Bridge the Screen Gap By Gina Stewart

"When we tell our children to put down their screens, the most common question we get back is: 'What do I do now?' or 5 minutes later, the statement of "I'm borrrrrred".

As a screen-free advocate and board game advisor, I've found that the hardest part of Screen-Free Week isn't the 'turning off'—it's the 'what now' - helping children find alternative options. Busy parents can feel guilty about not enough time spent with their children and I definitely don't have the time or energy for a 2-hour board game with a 20-page manual.

But connection can be as simple as a 10-minute window.

By choosing simple, easy to learn board and card games—we can turn the stressful witching hour or evening stress into a moment of genuine family re/connection. Whether it's a cooperative game that builds resilience in a child who hates to lose, or a physical-hands on game that helps release energy, the right board game or card games serves as a fantastic bridge.

My children are now teenagers, and the 10-minute games we played when they were small are the reason we still sit down together today. This Screen-Free Week, pull out a board game and find your 10-minute window.

Top Tips for a Stress-Free Start:

- **Prioritize Gametime:** Choose games with quick setup and simple rules.
- **Be a Rule-Breaker:** Be flexible. Shorten the game time or give extra guesses. Participation is more important than winning.
- **Pre-Read the Manual:** Kids hate delays. Read the rules beforehand or watch a quick 'how-to-play' video so the fun starts immediately.
- **Sweeten the Deal:** Games are always better with snacks. Using a favorite treat can be a great incentive for reluctant players.

Want more 10-minute wins? Join our community at [Quick Board Games For Families](#) for inclusive, light, and laughter-filled options for all ages.